



NEWSLETTER

WEEKLY ACTIVITIES

NOVEMBER 2022

11:30 Daily Lunch

MONDAYS

- **Crafting**

TUESDAYS

- **9:30 Quilting**
- **10:00 Pokeno**
- **10:30 Rummikub**
- **12:15 Wii Bowling**

WEDNESDAYS

- **9:30 Caning,
Carving &
Basket Making**
- **10:00 Pool**
- **12:00 2nd Wed-
Shooting Stars Mtg**
- **12:30 Yarn Club**

THURSDAYS

- **12:00 Bingo-sales
from 11-11:45**

FRIDAYS

- **Various Activities**

**See Calendar for
special events**

Medicare for 2023



Where will it take you?

Speaker: Joan Marshall and Jill Vasington
Service Navigators, Senior Resources

Learn more about these very important topics:

- Medicare Preventative Services
- Medicare Eligibility
- What Medicare covers
- Recent Changes in Medicare

Wednesday, November 9, 2022 11:00

Lisbon Senior Center

11 Newent Road

Lisbon CT 06351



To be added to our email distribution send
message to:

kwashington@lisbonct.com




Newsletter is posted on the Town Hall website

lisbonct.com

An up-to-date, complete list of all activities can be
found at our senior center combined website:

seniorcenterct.org/lisbon

November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:30 Quilting 10:00 Pokeno 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	2 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch	3 11:30 Lunch 12:00 Bingo 12:00 Darts	4 11:30 Lunch
7 10:00 Crafts 11:30 Lunch 12:00 Crafts	8 	9 9:30 Chair caning baskets/carving 10:00 Pool 11:00 Medicare Presentation 11:30 Lunch 12:00 Shooting Stars Mtg	10 10:00 Log Cabin Trip 11:30 Lunch 12:00 Bingo 12:00 Darts	11 
14 10:00 Crafts 11:30 Lunch 12:00 Crafts	15 9:30 Quilting 10:00 Pokeno 10:30 Rummikub 11:30 Turkey Luncheon 12:15 Wii Bowling	16 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch 1:00 Red Cross Blood Drive	17 11:30 Lunch 12:00 Bingo 12:00 Darts	18 11:30 Lunch 12:00 Art Class
21 10:00 Crafts 11:30 Lunch 12:00 Crafts	22 9:30 Quilting 10:00 Pokeno 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	23 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch	24 	25
28 10:00 Crafts 11:30 Lunch 12:00 Crafts	29 9:30 Quilting 10:00 Pokeno 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	30 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch 12:00 Card Making Class		



Join us for a **THANKS**
GIVING
Lunch

Tuesday, NOVEMBER 15
11:30

\$10

Call 860-376-2329
to sign up



Live Well
"It's Your Life...Live It Well"

Live Well with Chronic Conditions

FREE Zoom Workshop

Join this 6-week workshop and learn how to better manage your ongoing health condition!

Participants will need a computer, tablet or cellphone and reliable internet connection. Register today to receive your Zoom link!



You will learn:

- Healthy eating, physical activity and exercise
- Dealing with difficult emotions
- Decision-making and communications skills
- Working with healthcare providers
- Action planning
- And more!

Materials will be sent directly to participants at no cost and include Living a Healthy Life with Chronic Conditions and a relaxation CD.

Mondays from 10 AM-Noon
November 7 - December 12, 2022
To register, call 860-887-3561 ext. 127 or email Lori at lrygielski@seniorresourcesec.org











Sponsored by Senior Resources Agency on Aging,
CT Department of Aging and Disability Services State Unit on Aging



Card Making Class

with Jacqui

WED. NOV 30TH 12:00
\$15

SURPRIZE CHRISTMAS THEMED CARDS



**American
Red Cross**

GIVE A LIONS SHARE OF LIFE.

Join the pride. Give blood.

**Blood Drive Sponsored by
Lisbon Centennial Lions Club
at Lisbon Senior Center**

Community Room
11 Newent Road, Lisbon

**Wednesday, November 16, 2022
1:00 p.m. to 6:00 p.m.**

Please call 1-800-RED CROSS (1-800-733-2767) or visit
RedCrossBlood.org and enter: LSC to schedule an appointment.



Streamline your donation experience and save up to 15
minutes by visiting RedCrossBlood.org/RapidPass to
complete your pre-donation reading and health history
questions on the day of your appointment.



1-800-RED CROSS | 1-800-733-2767 | RedCrossBlood.org | Download the Blood Donor App

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The Lisbon Seniors Presents

Direct from Branson

"Country Christmas & Veterans Show"

Featuring the Ozark Jubilee

At The Log Cabin, Holyoke, MA

Thursday November 10, 2022

Direct from BRANSON the OZARK JUBILEE features and all star cast of Branson's top entertainers. This year the Ozark Jubilee presents the Branson Classic Country Christmas that salute's the music of the great Legends of Country Music. In addition, this year the Ozark Jubilee will be honoring and paying tribute to our Veterans, and thanking them for their Special Service. The Jubilee features Branson's funniest comedian and world class fiddler DOOFUS DOOLITTLE! Doofus will have you rolling in the isles with his unique brand of humor and you will be captivated by some of the best fiddle and world class violin music ever! Doofus has an all new line up of jokes and hilarious routines this year not to be missed!!!

Package Includes:

- Delicious Luncheon at The Log Cabin
- Afternoon of Music and Laughter with The OZARK Jubilee Band from Branson
- Meal Taxes and Gratuities



**Elegant Family Style
Luncheon**

Appel & Sausage Stuffed
Loin of Pork
&
Baked Haddock

Salad, Potatoes, Rolls, Vegetable & Potatoes
Scrumptious Dessert served with
Coffee or Tea

\$111. pp

Checks Payable to:
"Shooting Stars"
Final Due 10/27/22

Bus Departs at
10:00am
Lisbon Senior
Center



For more Information:

**Karen
860-376-2329**

Complete form below (one per person) and mail or drop at Center with Deposit.
Lisbon Senior Center, 11 Newent Rd, Lisbon, CT 06351

50% due at time of sign up

Balance due by 10/27/22

**YANKEE CANDLE
FOREST PARK
CRACKER BARREL**

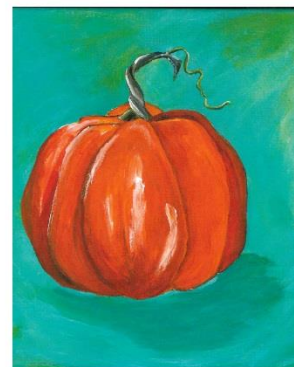
Monday, December 12th

Leaving at 12:30

***15 for Bus**



PAINTING
Class w/ Jacqui
**Friday, Nov 18th at
noon**



\$20 - Limit 12 people



*Create a
beautiful
Acrylic!!*

Medicare Enrollment Periods

Initial Enrollment Period:

The Initial Enrollment Period (IEP) is the first time you can sign up for Medicare.



General Enrollment Period:

The General Enrollment Period (GEP) allows individuals to enroll in Parts A and B, but late enrollment penalties may apply and increase your premiums.



Open Enrollment Period:

The Medicare Open Enrollment Period, often called the Annual Enrollment Period (AEP), is the time when individuals can change their Medicare Advantage and/or Medicare Part D plans. This is also the time to switch from Original Medicare to Medicare Advantage (or vice versa).



CEAP (Connecticut Energy Assistance Program)

2022-2023

TIMETABLE FOR HOUSEHOLDS THAT HEAT WITH OIL AND OTHER DELIVERABLE FUELS:

- 09/01/22:** First day that households can begin to apply for CEAP.
- 11/01/22:** First day for authorization of fuel deliveries (oil, wood and wood pellets, propane, kerosene, coal).
- 03/15/23:** Deadline for deliverable fuel authorizations or deliveries from Basic Benefits, Crisis Assistance, or Safety Net Assistance, **for clients already awarded CEAP benefits.**
- 05/31/23:** Last day to apply for CEAP.
- 06/16/23:** Last day for submission of deliverable fuel bills.

TIMETABLE FOR HOUSEHOLDS THAT HEAT WITH ELECTRICITY OR GAS:

- 09/01/22:** First day that households can begin to apply for CEAP.
- 05/31/23:** Last day a household heated with gas or electricity can apply.

Contact TVCCA at 860-425-6681 for more information

LEARN CHAIR CANING & BASKET MAKING WEDNESDAYS AT 9:30



Thanksgiving WORD SEARCH

R U G Z L L G N I F F U T S F
S U N P W U F R T G Q D E A S
E B I L U M F U A F Z I L E R
V A V S T M R K H T R L O J E
S E I H W K P C N R I T D T H
M H G T E E D K E A A T Y R T
I O S Y Q J E B I T H L U A A
R L K Z X U N T O N N T X D G
G I N A B A E P O F Q P H I E
L D A V R L X V F E A S T T C
I A H C B S E Y L I M A F I O
P Y T B H M A G E U D D S O R
O T O P B P L Y M O U T H N N
U G L E E I P I R I M H Q B T
C O R N U C O P I A J Z R B Y

FALL	THANKFUL	NOVEMBER
GATHER	TURKEY	PLYMOUTH
HOLIDAY	CORNUCOPIA	STUFFING
PILGRIMS	FAMILY	THANKSGIVING
PUMPKIN	GOBBLE	CRANBERRIES
CORN	GRATITUDE	POTATOES
FEAST	PIE	TRADITION



Lisbon's Longevity Link

Published by
Lisbon Commission on Aging
Lisbon Senior Center
11 Newent Road
Lisbon, CT 06351

Issue November 2022

RETURN SERVICE REQUESTED

«Firstname» «Lastname»
«Address1»
«City», «State» «Zip»

Lisbon Senior Center

Monday – Friday
9:00 am – 3:00 pm
860-376-2329

Board of Selectman

Thomas Sparkman
Robert Browne
William Surfus

Commission on Aging

Lee Szruba, Chairman

Senior Coordinator

Danielle Mauri

Van Driver

Charles Martin

Nutrition Site Server

The **Lisbon Senior Center's** mission is to be a welcoming setting for socialization, activities, trips, classes and maintaining the health, independence and well-being of active agers.

Transportation is available for Lisbon residents for the following: doctor and dentist appointments; banking; hairdresser or barber; shopping and pharmacy; to the Senior Center, etc. For a ride, call the Senior Center 860-376-2329 as soon as you have your appointment. For all other rides, call Monday of that week to set up a time with our van driver.

Restaurant style, made-to-order lunches are served daily at 11:30 am.

Help is available for paperwork, applications and insurance decisions.

Services are available for maintaining the health, independence and well-being of our town's treasured seniors.

Our **Sunshine Committee** sends cards to those who are enduring a loss or who are ill. Call Pauline 860-889-6637 with the name and address of those who should receive a card.